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FIFA fever: Shoes, strikes and strikers

The lowdown on footwear and a subway strike that threatens the games PAGE 16

SORRY, LADIES, HE'S TAKEN

GEORGE CLOONEY AND HIS FIANCÉE ARE REPORTEDLY GETTING HITCHED IN VENICE PAGE 21

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'WALKING THROUGH HELL'

New Calgary Transit peace officer Brayden Snow gets pepper-sprayed as part of a training drill. This week, Snow and 18 colleagues will form the largest-ever graduating class. See story on page 4.

BRYAN WEISMILLER/METRO

Struggle to keep adult-learning school open

Flood fallout. Replacement site for Chinook Learning Services damaged last summer

JEREMY NOLAIS
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Marc Desjardins studies English in a class with no ceiling.

He's one of approximately 1,000 students taking upgrade courses through Chinook Learning Services at the southwest-located Viscount Bennett Centre, which a top superintendent said last week is likely in the worst shape of the more than 200 properties owned by the Calgary Board of Education.

"You can see the joists," Desjardins said, describing the roof of his class to Metro Monday. "There's aluminum foil on top of it.... They were doing repairs in the hallway to fix a rainy ceiling. The stairs going downstairs were closed for four weeks while they did that."

The CBE has long been aware of Viscount's sorry state. Superintendent of infrastructure Frank Coppinger said the province surveyed the building about a decade ago and found it to be in "poor condition" even then. As a result, the board did purchase the Booth Centre along 7 Avenue SE in 2012 with the intention of moving Chinook Learning there by March of this year.

Then the flood hit last June.

Now, CBE officials are working to finalize an insurance claim for the damaged Booth Centre site as well as a design concept.

Coppinger said Monday he suspects the site won't be ready until late 2016 at the earliest. In the meantime, his team is surveying whether the aging Viscount site can last that long.

"The prime problem is the roof is failing, the building envelope, the windows are shot — and it's in extremely poor condition," Coppinger said. "We're struggling to keep the school open at this point in time."

A peek at the centre's exteriors gives some hints as to its deteriorating condition. One south-side stairwell has been taped off due to "tripping hazards," and in other areas, whole chunks of the exterior wall appear to have broken off.

Online

To see more photos of exterior wear-and-tear at Chinook Learning Services' site, head to metronews.ca/calgary

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New data

‘Good amount’ of motorists using airport tunnel

Motorists have been cruising Calgary’s long-awaited airport tunnel at a steady rate, according to initial vehicle counts, but work remains to determine where the traffic is coming from.

Data provided Monday from a traffic count conducted May 29, four days after the $295-million development opened, saw a total of 4,700 vehicles logged during three separate two-hour counts.

“That’s a good amount,” said Ekke Kok, manager of transportation data for the city. “It takes awhile for people to refine their routes. Maybe people who previously would have gone across on McKnight (Boulevard) westbound and then north on Deerfoot (Trail) are now diverting up 36th Street, going through the tunnel, and then up Barlow Trail.”

Kok said the data allows him to estimate a daily traffic flow of 14,000 on the six-lane roadway, which is in line with city estimates.

Ed Tanas was among the first to cruise on the roadway when it opened shortly after 5 a.m. May 25. He posted a video on YouTube that had been viewed more than 12,000 times as of Monday.

“I probably won’t use it until they push across to Stoney Trail, but my wife works near McKnight and Barlow, so she does use the tunnel quite often,” Tanas said. “She has a scooter, so she just takes it through there.... It’s pretty cool.” JEREMY NOLAIS/METRO

Minister Kyle Fawcett, who was recently sworn in, said he hopes people use the information to make decisions about where they want to work. THE CANADIAN PRESS FILE

Safety site shows employers’ stats

Worst workplaces. Potential employees can see how businesses stack up

RYAN TUMILTY
Metro in Edmonton

Albertans across the province will now be able to better understand where the most dangerous places to work would be, thanks to changes to the province’s website of employer records.

The province tweaked the website earlier this spring, allowing people to search not just individual employers, but to search by fatality rates and disabling injuries.

Kyle Fawcett, minister of jobs, skills, training and labour, said the government wants to put more information in the hands of employees.

“Information is power in today’s world and the more information that’s out there, it just adds a tool to our toolbox,” he said.

In addition to being able to search for specific employers, people can now sort employers in the province, or in a specific city, based on their loss-time claims, fatalities or disabling injuries.

Disabling injuries are a measure of injuries that prevent workers from returning to the job they were working in, meaning they have to be retrained to do other work.

Gil McGowan, president of the Alberta Federation of Labour, welcomed the new information.

“The government promised to make this information available several years ago, so I guess this is one of those cases of better late than never,” he said.

McGowan said the province should use the data to target those employers for more checks and inspections.

Follow Ryan Tumilty on Twitter @MetroRyan

Disabling injury rates

The Calgary employers with the highest disabling injury rates, based on 2012 data, according to the Alberta government’s website:

- McIntyre Group office services
- Loblaws Inc.
- Canyon Plumbing and Heating
- Acculogix Distribution Services
- Fleet Brake Parts and Service Ltd.

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Eyeing a job as a transit officer? Better have a burning desire ...

Pepper-spray trials. Training sergeant says peace officers equally give and suffer sprays

BRYAN WEISMILLER
bryan.weismiller@metronews.ca

New Calgary Transit peace officer Brayden Snow gets pepper sprayed before taking down a co-operative training officer as part of a drill at the Victoria Park bus barns. BRYAN WEISMILLER/METRO

Moments after being blasted by pepper spray, puffy-eyed Brayden Snow fights off tears while explaining his decision to become a Calgary Transit peace officer.

The young man had long eyed a career in law enforcement where he could protect others. But Snow admits it was much harder to envision the pain of a face full of capsaicin.

"You know the super suicide wings you can get at Buffalo Wild Wings? Get that times 1,000, smother it in your eyes and up your nose — that's about what it feels like," he said after finishing one of his final training exercises.

The former courthouse jailor is one of 19 new recruits who will keep their eyes on Calgary's buses and CTrains. Collectively, they will comprise the largest-ever graduating class of peace officers after a ceremony planned this week.

Some see the service as a stepping-stone to other policing agencies.

For Robert McLellan, however, it's more likely a long-term career.

"They're really there for you as a team," said McLellan, the son of two city cops. "People help you out and have your back."

Transit peace officers generally work 10.5-hour shifts, starting at either 6 a.m., 2:30 p.m. or 8 p.m.

While new recruits are taught to be masters of conflict resolution, training sergeant Shaun Tonks told Metro they do deploy pepper spray "a couple times" a year.

By being sprayed themselves, Tonks hopes the officers better understand the pain they're inflicting on alleged scofflaws.

"It's not used to give punishment for something," he said. "It's simply used to gain control of the situation.

"Once you've got control, that person has every right to be helped and decontaminated."

Tonks says peace officers are equally on the other end of over-the-counter repellents such as dog and bear sprays.

Strength

97

The total number of Calgary Transit peace officers, with a new recruiting class coming on board

Smaller projects

Alberta spells out terms for $325M in flood funding

Premier Dave Hancock announced details Monday about how $325 million in flood-resilience funding will be doled out to municipalities over the next three years for small to medium-sized projects.

The province will offer grants covering 90 per cent of approved project costs up to $3 million, and then 70 per cent of costs beyond that threshold under its Alberta Community Resilience Program.

"This program will provide the resources necessary to build critical layers of protection," Hancock said.

A total of $110 million will be made available in this fiscal year, another $110 million in 2015-16, and then $105 million in 2016-17.

Municipalities across the entire province are eligible to apply.

"This just isn't in the south where we had the flood in 2013," said Environment Minister Robin Campbell.

Hancock said the amount of money made available "anticipates what the demand will be and what can be taken up over the next two to three years" but added: "If we're wrong on that we'll have to go back and have another look."

ROBSON FLETCHER/METRO

$23M film studio to be built in southeast Calgary

Culture Minister Heather Klimchuk and Calgary Economic Development CEO Bruce Graham announce details of the studio in February. METRO FILE

Big business. Alberta's film, TV and digital media industry employs more than 3,000 people

ROBSON FLETCHER
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Calgary's major new film studio will be built on a 3.5-hectare site in the city's southeast, Calgary Economic Development announced Monday.

The property, located at 5750–76 Ave. SE, is to become home to a roughly 85,000-square-foot facility at a cost of $23 million, one that CED expects will double the amount of film and TV production activity in the city by 2020.

With more than 50,000 square feet of sound stages and another 35,000 square feet of warehouse and multi-purpose space for things like props, sets and wardrobes, the facility will lengthen the shooting season in Calgary for many film and TV productions.

"Right now we have a limited amount of outside shooting," said Luke Azevedo, commissioner for film, television and creative industries with CED. "Without having purpose-built facilities in southern Alberta it's very difficult for us to attract episodic work."

The project has been in the works for years and got the green light in February when the Alberta government agreed to kick in $5 million to go along with $10 million the city pledged back in 2009.

Coun. Peter Demong previously told Metro the goal of the project is to diversity the city's economy and take advantage of growing interest in Calgary as a filming location.

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Residents to be asked if they want to be organ donors when renewing driver's licences

Albertans will now be asked to register as organ donors when they obtain or renew their driver's licences, Health Minister Fred Horne announced Monday.

About half of the registry agents in the province are expected to participate in the initiative by month's end, growing to nearly full participation by next year.

Albertans who agree to be organ donors will have their names added to the digital registry the province introduced earlier this year, and a small heart symbol next to the word "DONOR" will be printed on their driver's licence cards.

Horne said the information is stored in a central database and the ID card doesn't need to be on a person at their time of death to be valid.

"Nobody has to find your driver's licence for you to be recognized as somebody who has registered their intent to donate," he said. "That information is in the system."

People who aren't due to renew their driver's licences for several years can still visit a participating registry to register as a donor at "any time," said Service Alberta Minister Doug Griffiths.

The new measure is aimed at boosting the province's rate of organ donation, which Horne said stood at about 10 donors per million residents.

ROBSON FLETCHER/METRO

Declining donor numbers

Alberta's rate of organ donation stands at 10 donors per million residents.

- The current rate is down from 17 donors per million people a decade ago.
- In Ontario, the rate of organ donation is 18 donors per million residents.

Upper Kananaskis Lake

Search for missing kayaker continues

A dive team continued to search for a missing kayaker in Upper Kananaskis Lake, 140 kilometres west of Calgary, on Monday, after a bystander heard screams for help from the water on Sunday.

The bystander swam out in an attempt to rescue the kayaker after hearing the shouts shortly after 6 p.m., according to Kananaskis RCMP, but was unable to locate the person.

A helicopter then had to rescue the bystander, who swam roughly 200 metres to the location of the initial calls for help, from a nearby island.

Officials with STARS, Kananaskis Public Safety and conservation officers have been involved in the search, using both aircraft and boats. The kayak and an unzipped life-jacket have been recovered from the water.

Anyone with information is asked to call the Kananaskis RCMP at 403-591-7708. METRO

Concrete kings of the jungle given the lion's share of LRT art attention

Mane focus. Iconic pride of sculptures may roar once again along West LRT line

BRYAN WEISMILLER
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Calgarians are being asked whether the historic Centre Street Bridge lions should roar anew somewhere along the West LRT line.

A workshop is scheduled this weekend to discuss public art options around the 18-month-old LRT line, including how best to incorporate the trio of crumbling concrete lions — as per previous orders from city council.

"We're trying not to be confined, but we are conscious of their state of disrepair," said city culture manager Sarah Iley. "They are heritage artifacts that are nearly 100 years old. We can't put them somewhere where people can climb on them. We're concerned about that."

A replica of the Centre Street Bridge Lions is pictured. Three of the original four statues have remained in storage but could be preserved. METRO FILE

Four hip cats

- The four original lions were replaced with replicas following a renovation of the bridge in 1999.
- It could cost up to $1 million to repair the other three concrete cats, according to a 2013 city hall committee report.
- The public art workshop is scheduled to run from 8:30 a.m. to noon on June 14 at the Westgate Community Hall.

The lions were once the pride of an inner-city bridge, but have been in storage since the landmark was renovated in 1999.

Requests for proposals will likely be put out in the fall, with the concept being unveiled in 2016, according to an independent consultant.

Public art planners have up to $3 million to spend on prettifying the six-kilometre transit line.

Area Coun. Richard Pootmans, however, questioned whether to empty the bank, noting some of the glitzy stations could already be considered art in some beholders' eyes.

Pootmans also noted last month's decision to curtail public art spending.

"People are going to cast an even more critical eye towards the public art investment that we make, and with that we'll have to assess very carefully whether we need the full $3 million at this point," he said. "I look forward to hearing what level of art for a project like this is appropriate."

Calgary Stampede. Henry Winkler gives thumbs-up to grand marshal Shatner

Actor Henry Winkler says William Shatner is the perfect choice as grand marshal of this year's Calgary Stampede parade because he attracts followers wherever he goes.

Winkler is attending the Banff World Media Festival to receive the Award of Excellence — an honour previously bestowed on his close friend Shatner.

"Bill Shatner is an idiosyncratic human being who creates a Bill Shatner Avenue through the world. And he loves horses, he raises horses, he rides horses," Winkler said in an interview.

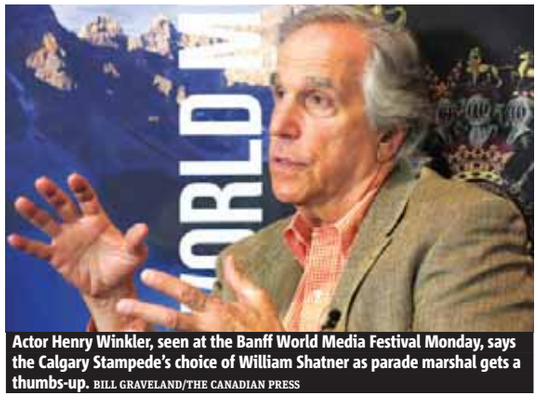
"He is one of our most wonderful actors."

It's not clear if Shatner will lead the parade July 4 on horseback or ride in a wagon or antique car — a starship, however, is most unlikely.

Shatner, 83, has said he has been to Calgary before, but never to the Stampede.

The Calgary Stampede runs from July 4 to 13.

THE CANADIAN PRESS


Actor Henry Winkler, seen at the Banff World Media Festival Monday, says the Calgary Stampede's choice of William Shatner as parade marshal gets a thumbs-up. BILL GRAVELAND/THE CANADIAN PRESS

Roadwork

Symons Valley to close for 6 months

Upgrades will require the city to shut down Symons Valley Road for six months, officials said Monday.

The closure will take effect June 1 and see the road closed between 144 Avenue NW and Sage Meadow Circle until December.

Residents in Sage Meadows Circle, Sage Meadows Way and Sage Meadows Terrace will still have localized access to the road. METRO

Motor mystery

Public's help sought in crash

Police are asking for the public's help to determine what led a vehicle to veer off Symons Valley Road and Kincora Glen Road NW, striking a tree and fence in the process.

The incident occurred around 3 a.m. Monday, and emergency responders found a 29-year-old male unconscious inside the vehicle.

Police have ruled out alcohol and speed, and ask anyone with information to contact Calgary police at 403-567-4000. METRO

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7 men held after female student sexually assaulted

Egypt. Tahrir Square has seen multiple sexual attacks on women amid the large crowds that mass there for protests or celebrations

Egyptian police on Monday arrested seven men for sexually assaulting a 19-year-old student during celebrations marking the inauguration of the country's new president in Cairo's central Tahrir Square the day before, security officials said.

Video footage posted on social media purportedly shows the student completely naked amid a crowd of men, parts of her body blooded as policemen struggle to escort her out of Tahrir.

Police were investigating 27 complaints of sexual harassment against women in Tahrir, where tens of thousands celebrated Abdel-Fattah el-Sissi's inauguration on Sunday late into the night, the officials said.

Sexual harassment has been one of Egypt's enduring social ills.

THE ASSOCIATED PRESS

Supporters of Egyptian President Abdel-Fattah el-Sissi celebrate his inauguration in Tahrir Square, Cairo, on Sunday. THOMAS HARTWELL/THE ASSOCIATED PRESS

Karachi, Pakistan

Taliban claims responsibility for attack on airport

The Pakistani Taliban on Monday threatened more attacks after claiming responsibility for a brazen five-hour assault on the country's busiest airport in which gunmen disguised as police guards stormed the international airport in Karachi and set off explosions. At least 18 people were killed beside the attackers.

The attack further diminished prospects for a resumption of peace talks with the Pakistani Taliban that officials had hoped could bring an end to their campaign to overthrow the U.S.-allied government.

THE ASSOCIATED PRESS

Boko Haram. Gunmen kidnap 20 women in northeast Nigeria

Suspected Boko Haram gunmen have reportedly kidnapped 20 women from a nomadic settlement in northeast Nigeria near the town of Chibok, where the Islamic militants abducted more than 300 schoolgirls and young women on April 15.

The group seeks to establish a pure Islamic state ruled by sharia law.

Alhaji Tar, a member of the vigilante groups set up to resist Boko Haram's attacks, said the men arrived at noon Thursday in the Garkin Fulani settlement and forced the women to enter their vehicles at gunpoint. He says they drove away to an unknown location in the remote stretch of Borno state.

Tar said the group also took three young men who tried to stop the kidnapping.

"We tried to go after them when the news got to us about three hours later, but the vehicles we have could not go far, and the report came to us a bit late," he said.

In another incident, the defence headquarters said Monday that troops prevented raids by Boko Haram this weekend on villages in Borno and neighbouring Adamawa. Soldiers killed more than 50 militants on Saturday as they were on their way to attack communities. The military has come under criticism from Nigerians who say they're left to fend off attacks on their own.

THE ASSOCIATED PRESS

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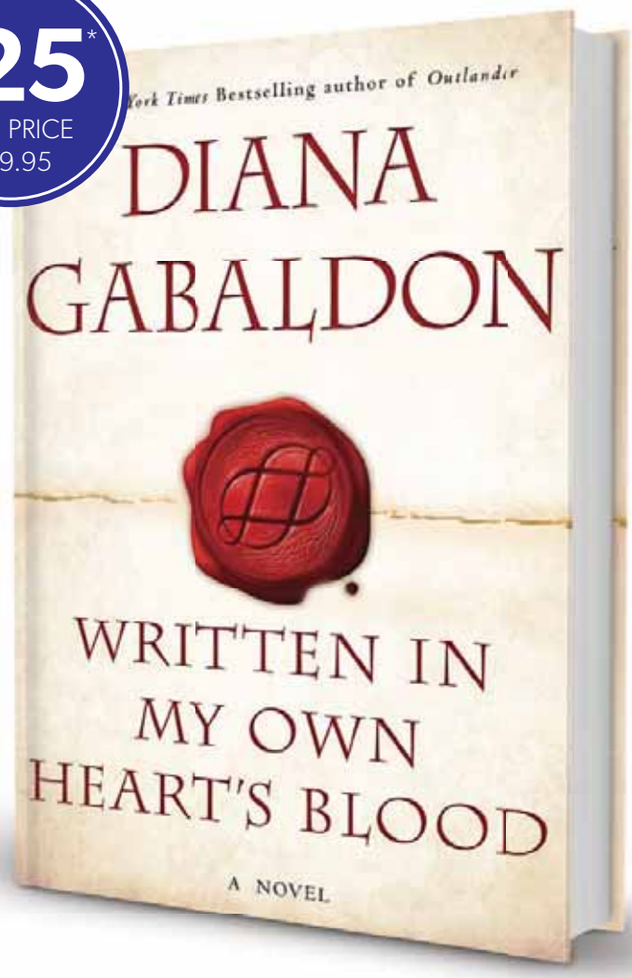

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Utah

Cabin burglar pleads guilty

A man accused of burglarizing cabins across a wide swath of Utah has agreed to a package of plea deals to settle charges from seven counties.

Troy James Knapp pleaded guilty Monday in a St. George courtroom to 10 felony counts of burglary. He was sentenced to one to 15 years on each count.

His state prison time will run concurrently and with his federal sentence of 10 1/2 years, which he received earlier Monday on weapons charges.

Knapp became a sensation in Utah as he raided cabins, stealing guns, whiskey and supplies. The 46-year-old declined to speak in court.

The federal judge told him he should write a book.

THE ASSOCIATED PRESS

Home invasion

Woman's online gambling pays off

People watching a video feed of a woman playing an online game called authorities to report seeing a home invasion taking place in the woman's apartment, police said Monday.

Lt. Michael Pooley said a friend of the victim watching the video Monday morning saw two men with guns break down the 28-year-old woman's apartment door while she was playing.

Pooley said one man was still in the apartment when officers arrived. The man fled but was taken into custody after a short chase, Pooley said.

Pooley says the other man remains at large.

The 28-year-old woman and her 29-year-old roommate, also a woman, were not injured, Pooley said.

THE ASSOCIATED PRESS

Rescuers try to save man trapped in German cave

Alps. Although rescuers have reached trapped researcher, he is still nearly 6,000 metres from the cave's entrance

A rescuer enters a cave near Berchtesgaden in the German Alps.
THE ASSOCIATED PRESS

Rescuers were working Monday to bring out a man stuck deep inside a cave in the German Alps after he was hurt by falling rocks, an effort that officials said would take days as experts negotiate a tricky labyrinth of vertical shafts and bottlenecks.

A four-member rescue team reached the experienced 52-year-old German cave researcher early Monday inside the Riesending cave system, near Berchtesgaden in Germany's southeastern corner.

The man, whose name wasn't released, had suffered head injuries a day earlier. One of his two uninjured companions made a 12-hour climb back to the cave entrance to alert authorities, while the other stayed with him.

The injured man is nearly 1,000 metres below the surface "in one of the most difficult caves in Europe," mountain rescue official Klemens Reindl told n-tv television.

Officials said he is around 6,000 metres from the cave entrance. He is believed to be in stable condition.

THE ASSOCIATED PRESS

New Jersey. Authorities say trucker went 24 hours without sleep before crash

The truck driver from Georgia accused of triggering the highway crash that injured Tracy Morgan and killed another comedian hadn't slept for more than 24 hours before the accident, authorities said Monday while the actor was recovering in a New Jersey hospital.

Walmart truck driver Kevin Roper was originally expected to make an initial appearance in state court Monday, but a court official said the Jonesboro, Ga., resident is scheduled in court on Wednesday.

It wasn't clear Monday if Roper had retained an attorney. He remained free after posting a $50,000 bond.

Authorities said the 35-year-old Roper apparently failed to slow for traffic ahead early Saturday in Cranbury Township and swerved at the last minute to avoid a crash. Instead, his big rig smashed into the back of Morgan's chauffeured Mercedes limo bus, killing comedian James "Jimmy Mack" McNair, authorities said.

The 45-year-old Morgan, a former Saturday Night Live and 30 Rock cast member, remained in critical condition Monday. Morgan's spokesman, Lewis Kay, said he was "more responsive" Sunday after having surgery for a broken leg.

Kay said Morgan suffered a broken femur, a broken nose and several broken ribs and is expected to remain hospitalized for several weeks.

Walmart president Bill Simon said in a statement that the company "will take full responsibility" if authorities determine its truck caused the accident. THE ASSOCIATED PRESS

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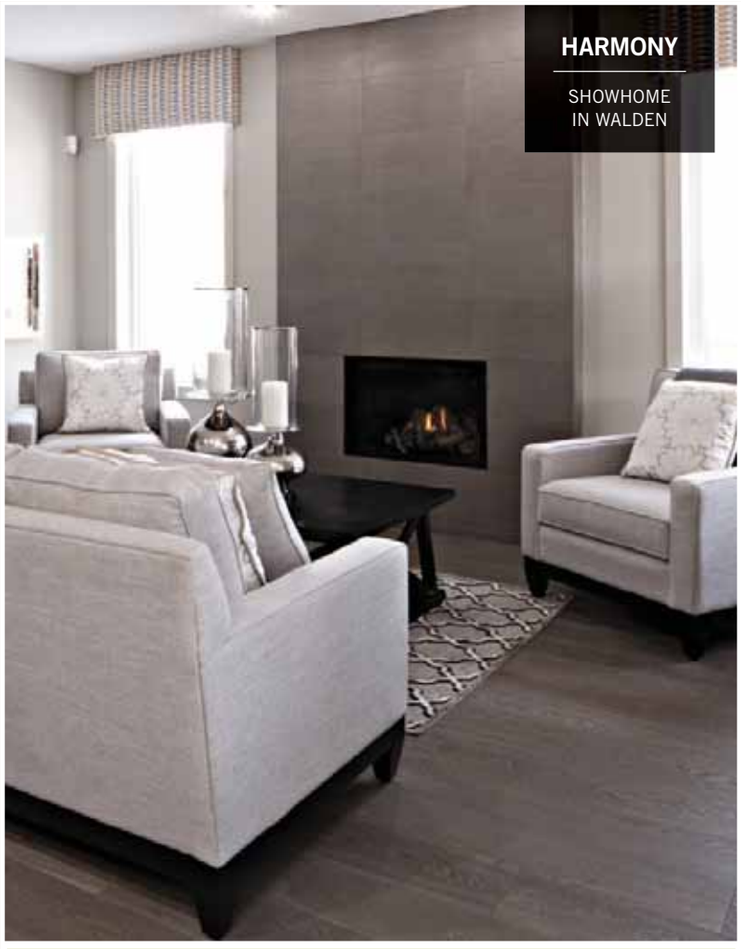

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The caskets of, from left, Const. Dave Joseph Ross, 32, Const. Douglas James Larche, 40, and Const. Fabrice Georges Gevaudan, 45, sit in Wesleyan Celebration Centre in Moncton, N.B., Monday. SEAN KILPATRICK/THE CANADIAN PRESS

Slain Mounties mourned at public visitation

'Such a loss.'
Thousands of police officers expected to attend funeral in Moncton Tuesday

People in Moncton came together Monday in a public show of support for the RCMP as they grieved the deaths of three Mounties shot dead in the line of duty last week.

Under a cloudless sky, people gathered at the Moncton Wesleyan Celebration Centre for a public visitation service for constables Fabrice Georges Gevaudan, Douglas James Larche and Dave Joseph Ross.

About 200 people were lined up as the doors swung open to a large auditorium, where three flag-draped coffins lay end-to-end near the front of the room.

Atop each coffin was a Mountie's brown Stetson and on a stage behind the coffins were several wreaths and large bouquets, most of them laden with red and white blooms.

In front of the wreaths were displays featuring framed photos of each of the victims and their brown leather boots.

"I really think there's a need for us, the people of the city, to support the RCMP," said local resident Elaine Gray, who dabbed her reddened eyes with a tissue as she emerged from the building.

"For me, I just wanted to say thank you again and again to these people.... (What happened) was so senseless and such a shame and such a loss. I didn't know any of them personally. I know all of them now."

The visitation service was held as the city prepares to welcome thousands of police officers from across Canada for an RCMP regimental funeral service Tuesday.

Mayor George LeBlanc said he expects between 5,000 and 7,000 police officers will attend the funeral at the Moncton Coliseum, which will be preceded by an RCMP parade. The service will be televised.

Justin Bourque, 24, of Moncton is facing three charges of first-degree murder and two counts of attempted murder. He made a brief appearance in provincial court Friday and he is scheduled to return to court July 3.

THE CANADIAN PRESS

Unrelated charge

Death threat for police

A man was charged in Moncton, N.B., on Monday with uttering a threat to cause death to peace officers, but RCMP issued a statement saying it is not connected to their investigation into the shooting deaths last week of three Mounties.

During a court appearance Monday by Jasper John Stam, the judge reportedly ordered that he have no contact with Justin Bourque, the accused in slayings of the three RCMP officers, at the request of a Crown attorney. The public prosecution service in New Brunswick would not explain why the request was made.

THE CANADIAN PRESS

Canada 'frank' on climate change: Harper

Reducing emissions. PM says he wants to tackle issue without hurting economy

Prime Minister Stephen Harper says there's not a country in the world that would take action on climate change at the expense of its own economy — no matter what it might say.

Canada wants to deal with climate change without crippling the economy, he said Monday at a news conference with Australian Prime Minister Tony Abbott.

"And, frankly, every single country in the world, this is their position," Harper said.

"No country is going to undertake actions on climate change, no matter what they say ... that is going to deliberately destroy jobs and growth in their country.

"We are just a little more frank about that, but that is the approach that every country is seeking."

Abbott, who is in Ottawa on an official visit, said every country should do what it thinks is best to deal with climate change.

"We think that climate change is a significant problem. It's not the only or even the most important that the world faces, but it is a significant problem," he said.

"It's important that every country should take the action that it thinks is best to reduce emissions, because we should rest lightly on the planet."

Abbott added he is "encouraged" by regulations introduced in the United States last week to chop carbon emissions from U.S. power plants by 30 per cent by 2030.

THE CANADIAN PRESS

Prime Minister Stephen Harper meets Australian Prime Minister Tony Abbott in Ottawa Monday. ADRIAN WYLD/THE CANADIAN PRESS

Prostitution. Canadians favour crackdown on sex trade, Harper says

The Conservatives are cracking down on johns and pimps because legalizing their activities would be unacceptable to Canadians, says Prime Minister Stephen Harper.

In defending new government legislation on prostitution, Harper said Monday that activities related to the sex trade are outlawed because they are harmful to women and society in general.

"They are not harmful because they are illegal," Harper said.

"They are illegal because they are harmful."

Legislation introduced this month would, if passed, criminalize the purchase of sexual services, take aim at those who benefit from prostitution and outlaw the sale of sex near places where children gather.

Some critics say the proposed law does not adequately protect women, failing to meet the Supreme Court's primary concern.

THE CANADIAN PRESS

Mexico City

Use of circus animals banned

Mexico City became the latest place in Mexico to ban the use of animals in circuses Monday as the city council voted overwhelmingly for the prohibition, with fines of $45,000 to $60,000.

Circuses argue their animals are treated humanely and say some actually enjoy performing. But animal rights activists argue the animals are often held in confined spaces with poor conditions and are forced to perform.

THE ASSOCIATED PRESS

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STAY WELL

easy ways to help you live well

These tips and tricks are already at your fingertips, easily within reach. Staying healthy has never been so easy!

1 Get the oral health-care supplies you want

Not every toothbrush is created equal. "Electric brushes remove two times the plaque compared to regular manual brushes," says Dr. Janet Tamo, who has practiced dentistry for more than 25 years. Visit the oral health-care section of your local grocery store to find models of Oral-B power brushes, the Crest Pro Health line, and other related products.

To ensure these products are right for you, read and follow the labels. Crest® Pro-Health Toothpaste fights cavities, plaque, tartar and gingivitis, and treats tooth sensitivity.

2 Treat your skin

A winter spent indoors can leave you with dry, scaly skin. Olay Regenerist Micro-Sculpting Cream reduces the appearance of lines and boosts hydration and brightness within 10 minutes of use.

3 The facts about daylight saving time

Turning the clock forward each spring can affect sleep patterns and lead to occasional sleeplessness. ZzzQuil contains diphenhydramine HCl, a compound that helps you fall asleep and sleep soundly so you wake refreshed.

To ensure this product is right for you, always read and follow the label.

4 Take care of your digestive tract

A daily dietary supplement such as Align Probiotic Supplement helps bring peace to your digestive system with healthy bacteria that helps provide ongoing relief of IBS symptoms such as abdominal discomfort, gas, and bloating.

To ensure this product is right for you, always read and follow the label.

5 Rid yourself of germs—easily

Crest Pro-Health Multi-Protection Rinse can rid your mouth of millions of germs and it's an effective way to fight gingivitis.

To ensure this product is right for you, always read and follow the label.

6 Stay comfortable

Always Infinity is a girl's best friend when she wants to feel fresh and dry during her period. You owe it to yourself to feel good all the time.

7 Boost your confidence

Whitening your teeth is one way of feeling more self-assured. Swing by the oral health-care section of your local grocery store and pick up Crest 3D White Whitestrips to get more confident about your appearance.

8 Increase your fibre intake

If you're not getting enough fibre from your veggies, try a fibre-rich drink. The fibre in Metamucil helps lower cholesterol levels* to promote heart health. Consider mixing a dose of Metamucil with water for a tasty drink—it'll add psyllium fibre to your diet.

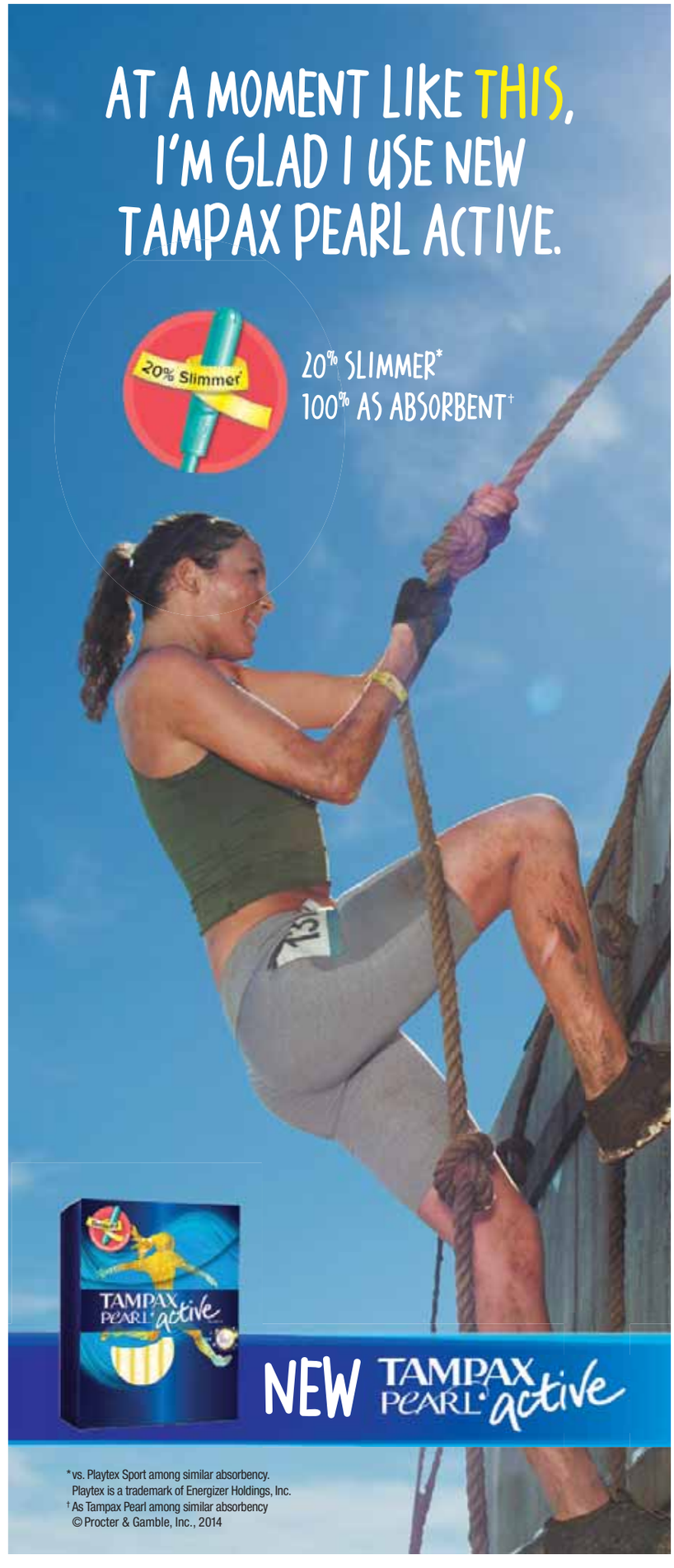
***Lowers mildly to moderately elevated cholesterol levels when taken with a low fat diet. To ensure this product is right for you, always read and follow the label.**

9 Get aerobic exercise

According to a study in the *American Journal of Preventive Medicine*, engaging in aerobic activity for two and a half hours every week (walking and cycling count!) can add an average of three years to your life. And remember, using Tampax Pearl Active will help you stick to your workout routine even when you're on your period.

GO ONLINE FOR MORE HELPFUL TIPS

Need more bright ideas to help you spring forward to a healthier you? Go to staywellmom.ca for tons of tips that are perfect for busy moms.



ALL EYES ON BRAZIL

Two more days until the 2014 FIFA World Cup starts. Metro has you covered with the latest.

Something new afoot

Shoe companies unveil new products

Nike, Adidas, Puma and other shoemakers are all trotting out new and innovative looks for this summer's World Cup. Shoe deals are part of the game for every star, and even some average players. Cristiano Ronaldo wears Nike. Lionel Messi wears Adidas. Puma and Mizuno have their own athletes. Here are five things to know about the boots on the ground in Brazil:

1 **What the heck?** Puma is pushing the envelope by putting its athletes in one pink shoe and one blue shoe. Apparently, this will make it easier to tell which foot that player is using to deliver the goals: Pink is right and blue is left. Look for Spain's Cesc Fabregas and Italy's Mario Balotelli in the boots.

2 **Shoes or socks?** Nike's statement for the World Cup is its new Magista and Mercurial soccer boots that use the company's fly-knit technology, which basically looks like cleats attached to a pair of socks. Cristiano Ronaldo is going to be wearing the Mercurial Superfly, a high-top version with a cool name.

3 **Adidas goes retro.** Adidas is offering the back-and-white Battle Pack collection of four different cleats. The only pop of colour is the trademark three stripes in neon orange. An exception was made for Messi, who gets the star treatment with his own design and a bit of added Argentina blue on his F50s.

4 **Golden boot.** The top goal scorer at the World Cup receives the Golden Boot award. But at least one player will already have his golden boots: Mizuno has designed special gold-and-black Wave Ignitus 3s for Keisuke Honda of Japan. It's only fitting for a player whose nickname is "Emperor Keisuke."

5 **Shine a light.** Ecuador goalkeeper Maximo Banguera will be wearing Lotto Solista boots that have a special skin that reflects light, which the Italian shoemaker claims causes the shoes to "glow" in direct sunshine or under bright lights. We'll let you be the judge. There are a number of YouTube videos demonstrating the effect.

Spain's Andres Iniesta is seen wearing his Nike Magista cleats during an exhibition soccer game. LIUS M. ALVAREZ/THE ASSOCIATED PRESS

World Cup fever is hot, so hit the beach to cool down!

People play with a soccer ball on Ipanema beach on Monday in Rio de Janeiro, Brazil. From souvenir hunting to autographs to trying some underwater kicks, revellers in Brazil have been preparing for the World Cup, which starts on Thursday and runs through July 13. Scan the photo with your Metro News app to see a photo gallery of the scene in Brazil. JOE RAEDLE/GETTY IMAGES

Transport chaos. Subway workers' strike threatens travel to World Cup games

Brazilian police and striking subway workers clashed Monday in a central Sao Paulo commuter station, with union officials threatening to maintain the work stoppage through the World Cup opening match here this week.

The threat came despite a Brazilian labour court ruling on Sunday the strike is illegal.

Authorities are deeply worried about the strike because the subway is the main means of transportation for World Cup fans who will attend Thursday's opening match when Brazil takes on Croatia.

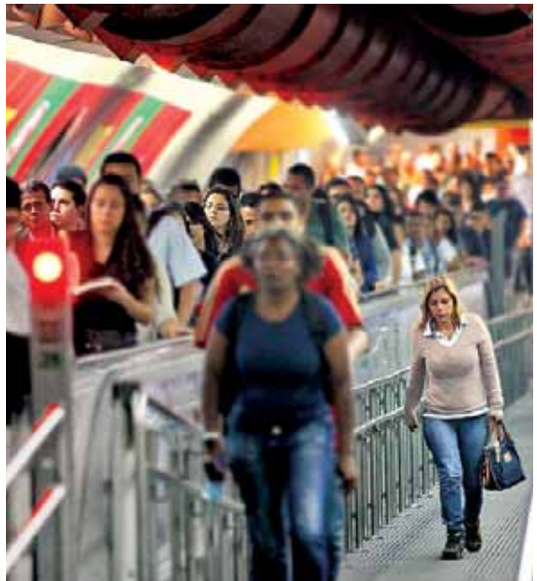
The stadium is about 20 kilometres east of central Sao Paulo, where most tourists stay.

Earlier Monday, riot police firing tear gas forced about 100 striking workers out of the station as the strike threw Sao Paulo's normally congested traffic into chaos for a fifth day. About half of the city's subway stations were operating, but with greatly diminished service.

"This is the way they negotiate, with tear gas and repression," said Alexandre Roland, a union leader.

The standoff with the Sao Paulo transport workers is the latest unrest to hit Brazil in the run-up to the World Cup.

Teachers remain on strike in Rio de Janeiro and routinely rally and block streets. Police in several cities have gone on strike, but are back at work now. THE ASSOCIATED PRESS



Commuters wait to transfer to an open metro station during a tangled morning commute on Monday in Sao Paulo, Brazil. MARIO TAMA/GETTY IMAGES

Get more than a post-workout glow with GOODcoins

Virtual currency. Get moving to earn rewards with this new program

SCOTT TAYLOR
Metro in London, Ont.

You've heard of bitcoins.

Well, now London, Ont., is digging into another form of virtual currency designed to get people walking the walk and pedalling the bike to a healthier lifestyle.

Those who do will be rewarded with GOODcoins, which can be used to buy a number of environment-friendly goods and services such as solar lights, compost bins, organic bedding, food and more.

Adding it up

15

GOODcoins can be accumulated by participating in one or more campaigns in London, Ont., including walking for 15 minutes a day for 15 days or pedalling for 300 minutes in a month.

It's easy to do.

Residents of the southwestern Ontario city can sign up online at london.goodcoins.ca and download the app to any iPhone or Android — they're working on a BlackBerry version but aren't there yet. As long as your phone is with you, every step taken or pedal pushed will be recorded.

"This is a different kind of rewards program," said Jay Stanford, the city's director of environment, fleet and solid waste. "It's the new kid on the block, and it has a completely different vision."

The program is being offered through Zerofootprint Software, which has a mission to reward positive behaviour and healthy choices. GOODcoins, described as "evidence-based rewards currency," are being used in places from P.E.I. to Vancouver. The company itself is based in New York and Toronto.

Zerofootprint CEO Dr. Ron Dembo said London is "the poster-child city for launching programs like this."

Coins can also be accumulated by reducing energy consumption, completing surveys and inviting friends to join.

From corsets to the Wonderbra

This image released by the Museum at the Fashion Institute of Technology (FIT) in New York shows a 1770s European silk corset. From the corset to a 2014 bra-and-panty set in stretch silk, the Museum at FIT has taken on lingerie and ladies' foundation garments as the focus of a new exhibit. In about 70 pieces, Exposed: A History of Lingerie touches on the mechanics, marketing and cultural touchstones that have not only shaped women, but also shaped culture worldwide. The exhibition runs through Nov. 15.

EILEEN COSTA/THE MUSEUM AT FIT/THE ASSOCIATED PRESS

Consumer debt

Rising appetite for credit in Western Canada: Equifax

Credit monitoring agency Equifax says demand for credit has increased for four consecutive quarters in Western Canada, while demand in the Eastern provinces continues to slow.

Equifax says first-quarter statistics show that consumers' overall debt, including mortgages, remains high at around $1.4 trillion.

THE CANADIAN PRESS

Market Minute

DOLLAR 91.68¢ (+0.19¢)

TSX 14,871.21 (+32.31)

OIL $104.41 US (+$1.75)

GOLD $1,253.90 US (+$1.40)

Natural gas: $4.63 US (-$0.08)
Dow Jones: 16,943.10 (+18.82)

'Lightweighting' is the latest route to better fuel economy

While hybrids and electrics may grab the headlines, the real frontier in fuel economy is the switch to lighter materials.

Automakers have been experimenting for decades with lightweighting, as the practice is known, but the effort is gaining urgency with the adoption of tougher fuel efficiency standards. To meet the U.S. government's goal of nearly doubling average fuel economy to 19 km/L by 2025, cars need to lose some serious pounds.

Lighter doesn't mean less safe. Cars with new materials are acing government crash tests. Around 30 per cent of new vehicles have hoods made of aluminum, which can absorb the same amount of impact as steel. Some car companies are teaming up with airplane makers, who have years of crash simulation data for lightweight materials.

The lightweight Fusion sedan unveiled Tuesday. FORD MOTOR CO./THE ASSOCIATED PRESS

Ford gave a glimpse of the future last week with a lightweight Fusion car. The prototype, developed with the U.S. Department of Energy, is about 800 pounds lighter than a typical Fusion thanks to dozens of changes in parts and materials.

The car won't be in dealerships any time soon. For one thing, it's prohibitively expensive. Its seats, for example, cost up to $73 US apiece because they have carbon fibre frames. The same seats with steel frames are $12.

Still, prototypes are helping Ford and other companies figure out the ideal mix of materials.

THE ASSOCIATED PRESS

America. Toxic water ruling could block other homeowners from suing

The U.S. Supreme Court ruled Monday that a group of homeowners in North Carolina can't sue a company that contaminated their drinking water decades ago because a state deadline has lapsed, a decision that could prevent thousands of other property owners in similar cases from recovering damages after being exposed to toxic waste.

In a 7-2 decision, the justices said state law strictly bars any lawsuit brought more than 10 years after the contamination occurred. THE ASSOCIATED PRESS

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RIGHT TO BARE ARMS NOT ABOUT GENDER

SHE SAYS

Jessica Napier
metronews.ca

As temperatures increase, so do the number of dress-code-related suspensions at schools across the country. About 30 students from Menihek High School in Labrador City, N.L., were sent home recently for wearing sleeveless shirts. One U.S. school even went so far as to digitally alter their yearbook photos — adding necklines and lengthening sleeves — in order to bring female students in line with its conservative dress code.

Angry teens and parents are speaking out against school administrations and their body-shaming clothing guidelines that demand young girls cover up so that their male schoolmates don't get "distracted" from their chemistry lesson. Personally I think we're kidding ourselves if we believe any teenage boy with Internet access would lose his mind over a bare collarbone or a visible bra strap.

Dress codes disproportionately affect female students; apparel designed for teenage girls is more revealing, and thus it's more likely to fall under a school's provisions about exposed midriffs and thighs. But if schools want to enforce mandatory clothing guidelines, they shouldn't do so in the name of oppressing sexuality and regulating male hormones. We need to take sex out of the equation and instead teach young girls AND boys about dressing appropriately.

Quebec student Lindsey Stocker is just one of many teenagers making headlines for violating her school's dress code. The Grade 11 student was suspended last month for wearing a pair of jean shorts that failed to pass the "fingertip" test. Stocker claims she was forced to stand up in front of her entire class with her arms by her side to determine whether her cut-offs were long enough to extend beyond her fingertips. They weren't.

Not only is this hemline examination embarrassing for students, it's also inherently flawed since it depends entirely on the individual's own body type. And let's face it — most of the shorts currently on sale at mainstream retailers aren't long enough to pass the fingertip test.

Adolescence is a confusing period of self-discovery and pushing boundaries. Pop culture and trendy fashion designers encourage young girls to show off their bodies while their parents and educational institutions are telling them to cover up.

School administrators need to have more tact when dealing with dress code violations rather than shaming offenders in the middle of a classroom full of their peers. Policing female bodies in order to preserve puritanical concerns of modesty is problematic. If schools insist on implementing rules on what not to wear, the rules shouldn't be about regulating sexuality; rather, dress codes should be designed to prepare students for life after graduation.

Young men and women should be encouraged to express their individuality, but they also need to understand the expectations of real-world employers. It's hardly a draconian measure to ask teens to reserve their beachwear for the weekends and cover up in the classroom. Especially when you consider some careers demand strict uniforms while most other jobs require a certain level of professional dress.

Sorry, kids, your future boss isn't going to care about your right to bare arms.

ZOOM

Willy Wonka would be proud

The Edible Mist Machines are available for hire. Inventor Charlie Harry Francis says: "It's interesting to see how clients are using them. We've had bookings for minty palate cleansers, double-flavour hits — strawberries and cream, bacon and chocolate — then clients who want to completely flavour-theme their event with multiple fun fair flavours like cotton candy, toffee apple and popcorn." COURTESY DAN REGAN/REX FEATURES

Charlie and the Edible Mist Machine

A British inventor has created a mist-ifying machine that allows you to inhale tastes including chocolate, apple pie, smoked bacon and even lobster.

The Edible Mist Machine produces delicious edible vapour in a range of more than 200 flavours. It is the brainchild of Charlie Harry Francis, founder of experimental food inventors Lick Me I'm Delicious. METRO

Glow-in-the-dark, Viagra, and other frozen treats

Francis's other claim to culinary fame has been experimental ice cream, including The Arousal, a dessert laced with Viagra designed to be man's ideal "pick-me-up."

In a recent Metro interview, Francis said: "Viagra is the funniest, but the oddest was the glow-in-the-dark ice cream because it uses jellyfish luminescence." METRO

Quoted

"It's a pretty fun machine; the range of flavours is massive and it's zero calories."

Charlie Harry Francis, 29, founder of experimental food inventors Lick Me I'm Delicious

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MetroTube

metro AR

Best of the bumper crop

ANDREW FIFIELD
andrew.fifield@metronews.ca

The coast of Newfoundland is, to use the local parlance, "maggoty" with icebergs this year. And this arched behemoth off Cape Spear is probably the most famous of this year's bumper crop.

Not content with the standard boat tourism, this light aircraft pilot decided to treat himself — and us — to a flyby of the famous berg. Then, seemingly non-content with a flyby, he decides to take things up a notch. (Via bendavis555/YouTube)

THE CANADIAN PRESS FILE

metro

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Scan this photo with your Metro News app to view The Sacrament trailer

DVD review

Alan Partridge

Director. Declan Lowney

Stars. Steve Coogan, Colm Meaney, Tim Key, Felicity Montagu

This is Steve Coogan's big-screen version of his doofus DJ character, Alan Partridge, a comedy mainstay for BBC radio and TV. Happily for Coogan and for us, the humour translates perfectly on this side of the pond.

Oblivious to his own buffoonery, Partridge is like a British version of Ron Burgundy from the Anchorman movies.

This is smart-dumb comedy, with the main story working an idea that audiences anywhere can get: the fear of change. Norfolk Digital Radio has just been bought out by a conglomerate that is bent on doing a complete makeover, with a new station name and, of course, staff downsizings.

The 50-something Partridge isn't too dense to realize he could soon be among the pink-slipped. He sneakily moves to protect his own rump by engineering the sacking of colleague Pat Farrell (Colm Meaney).

Extras include deleted scenes, a making-of featurette and a commentary track by Coogan and writers Rob and Neil Gibbons. **PETER HOWELL**

Swanberg comes out from behind the lens

Sort of. The multi-talented actor/director plays a cameraman in Ti West's latest creepy cult thriller, The Sacrament

NED EHRBAR
Metro World News in Hollywood

Indie filmmaker Joe Swanberg has a habit of turning up as an actor in friends' films — like The Sacrament, Ti West's found-footage thriller about a Vice reporting crew getting in over their heads at a remote Jonestown-like encampment. Of course, Swanberg spends most of the film manning a camera, so it wasn't that much of a stretch.

You're playing a cameraman in this, and it's a "found footage" film. Did you actually do any of the camera work yourself?
I did, yeah. There were just certain situations that required that because the camera was going to have to spin around and just see the whole room. Ti and I basically traded off operating duties. It was an interesting challenge because I was either performing with the camera on my shoulder, or what was even weirder was performing standing behind Ti who had the camera on his shoulder and sort of pretending to be there. It took a little bit to wrap my head around it.

Had you come across any cultish types of things like this before?
Not really, but I was fascinated with Jonestown. When Ti first called me about the movie, I had already seen a ton of documentaries about Jonestown and read a lot about Peoples Temple, so it was a story that was already really intriguing to me. And then adding the Vice component was really exciting because they're just so active right now, covering different kinds of stories and putting themselves into dangerous situations. I spent some time figuring out that kind of Vice vibe. They have their own way of doing it, so we wanted to try to get that right.

Joe Swanberg says he mostly ends up acting in his friends' films. GETTY IMAGES

How do you balance acting and pursuing your own filmmaking goals?
I've been pretty busy as a director the last year. There was a period of time when I was doing a lot of acting work, and that's kind of slowed down as I've focused more on my own stuff. But I really like to act, so I hope it's something that I'll be able to keep doing.

You have your next film as a director, Happy Christmas, coming out this summer, which seems like an odd time to release it.
Well, I would describe it as more of a comedy and a family movie than it is a Christmas movie. For an independent film, it's really hard to put a movie out in December. That's when the studios are putting out all of their big Oscar movies, and it's easy to get lost. We talked about it and felt that it was a movie that would stand a better chance of finding its audience in the summer, and then in a perfect world it will be out on DVD around Christmas, and if there's a holiday component to the movie, people can catch it on home video around that time.

What was Jonestown?

In the late 1970s, cult leader Jim Jones moved several hundred members of his group, the Peoples Temple, from the U.S. to Jonestown, Guyana. When family members raised concerns about their loved ones, members of the U.S. government visited the compound. It was during this visit that Jones spiked drinks with poison, killing himself and hundreds of his followers, including children.

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Partie defenderesse

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Avis est donne au defendeur que la demanderesse a depose au greffe de la Cour Du Quebec du district de Rouyn-Noranda une requête introductive d'instance en reclamation d'argent (arrerages de taxes foncieres). Une copie de cette requête et de l'avis au defendeur ont ete laissees a l'intention du defendeur au greffe du tribunal, au palais de justice de Rouyn-Noranda situe au 2 avenue du Palais.

Il est ordonne au defendeur de comparaitre dans les 30 jours de la publication de la presente ordonnance.

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Scan this image with your Metro News app to view the video for Hangover

Hair of the Snoop Dogg

Too much gin and juice? Korean YouTube phenom Psy teams up with lanky rapper for wacky hangover ode

Even Psy is over Gangnam Style. The ubiquitous 2012 hit is one Psy knows he will probably never top, and that makes creating new music quite a challenge.

"People always comparing my new thing with Gangnam Style, which is unbeatable," Psy said in a recent interview at YouTube Space L.A.

"That means I have a severe, heavy pressure on my shoulder ... In that way I don't like the song."

The bizarre, colourful video featuring the now-iconic horse gallop dance recently surpassed two billion views, a record for YouTube. The South Korean pop star also holds the record for most views in a day with 38 million for his Gangnam Style followup, Gentleman.

The 36-year-old, who was famous in Korea before Gangnam, remains humble about his relatively new international fame. He admitted he is just as thrilled and surprised as his fans when he's recognized on the street.

"If I'm walking out and no one's recognized me and no one is asking me about autograph or photograph, that's a tragedy," he said. "I should quit my job with that. So sometimes it's tired, yes, of course, but that's part of my job."

Psy decided switching genres would be his best bet for another hit with his latest single, so he teamed with Snoop Dogg on the hip-hop track Hangover. He said the American rapper signed on immediately after only hearing the song's title.

The Hangover video, which debuted Sunday on ABC's Jimmy Kimmel Live! and Psy's YouTube channel, serves as a lesson in Asian hangover remedies. "This video is not about dance moves, but it's about, like, culture exchanging," Psy said.

Psy signed with Justin Bieber's manager, Scooter Braun, after Gangnam's initial success. He said he appreciates Braun's guidance and impressive drinking abilities.

"He is the most strongest tolerance with alcohol among Americans," Psy said.

"Asians drink really hard and really mixing everything and really drinking hard every day. So literally I was kind of like unbeatable person with the alcohol before I meet Scooter."

Psy will return to his EDM roots on a new EP, due later this year. But this time he plans to include more English lyrics.

"All the people you know, except Korea, they don't have any idea what I'm saying right? They're just waiting for 'Hey, sexy lady,'" he said of an English lyric from Gangnam Style."I figured out like maybe from now on I should communicate more."

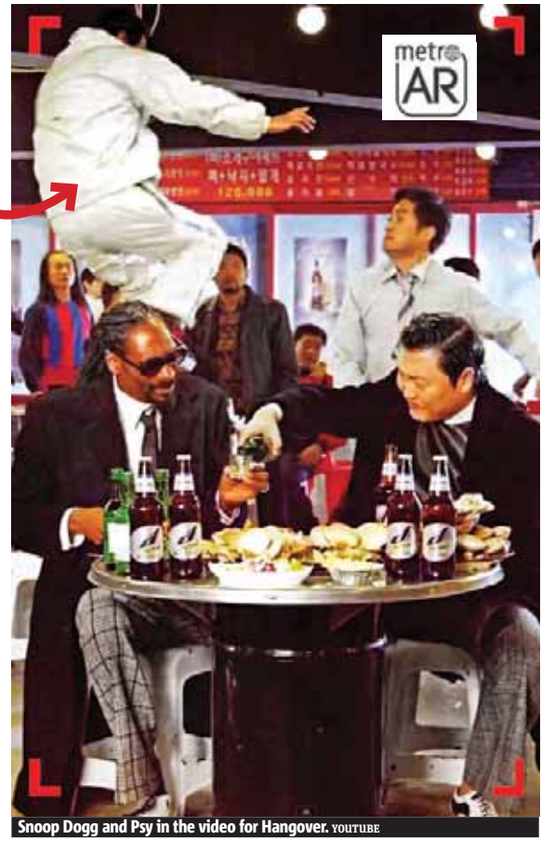
But for now he'll continue rapping in his native Korean based on his new manager's advice: "He saying, 'If you are rapping in English, we already have so many rappers who's way better than you. But if you rap in Korean, you're No. 1 in this country,' which is really smart."

THE ASSOCIATED PRESS

Boozin' culture

"Asians drink really hard and really mixing everything and really drinking hard every day. So literally I was kind of like unbeatable person with the alcohol before I meet Scooter."

Psy, Korean recording artist



Snoop Dogg and Psy in the video for Hangover. YOUTUBE

Mary Walsh in the interactive documentary Seven Digital Deadly Sins. SCREENGRAB

Click addictions. Billy Bragg, Mary Walsh explore their digital sins in documentary

One in three people winds up more depressed after looking at Facebook, and Newfoundland comedian Mary Walsh counts herself among them.

But Walsh, like many of us, can't stop scrolling through endless cute cat videos and selfies, she admits in a new interactive online documentary launched by the National Film Board and The Guardian.

Called Seven Digital Deadly Sins, the documentary examines how 21st century technology has magnified our pride, lust, greed, gluttony, envy, wrath and sloth.

English singer-songwriter Billy Bragg, novelist Gary Shteyngart, comic Josie Long, musician Bill Bailey and writer Jon Ronson join Walsh in exploring their own online sins.

For example, Bragg admits bashfully that he spends more time watching "epic fail" videos on YouTube and Googling himself than he does writing new songs.

The interactive documentary is already available on The Guardian's website at digital-deadly-sins.theguardian.com. It will launch June 12 on nfb.ca.

THE CANADIAN PRESS

Online TV

Veronica Mars spinoff to launch as a web series

A Veronica Mars spinoff is among four new web series headed to CTV's digital video hub, CTV EXTEND. The web series from creator Rob Thomas premieres this fall and is called Play it Again, Dick. It stars actor Ryan Hansen as himself, as he begs his former Veronica Mars castmates to get his character, Dick Casablancas, his own spinoff show.

A spinoff of CTV's original drama The Listener, called The Toby Logan Files is available starting Monday. Guidestones: Sunflower Noir, a spinoff of Guidestones starring Supinder Wraich as Sandy Rai, and Joke or Choke, a Canadian standup comedy competition produced by Howie Mandel, will premiere on CTV EXTEND on July 15.

THE CANADIAN PRESS

Ryan Hansen in Veronica Mars CONTRIBUTED

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Sandra Bullock

Alleged burglar caught at Sandra's L.A. home

Police say they arrested a burglar at the Los Angeles home of Sandra Bullock while the actress was there, but she wasn't harmed.

Los Angeles police spokeswoman Nuria Vanegas says officers responded to the call of a prowler around 6:30 a.m. Sunday and arrested 39-year-old Joshua Corbett on suspicion of residential burglary.

Bullock's publicist Cheryl Maisel acknowledged the burglary to People magazine and said Bullock is "unharmed and fine." **THE ASSOCIATED PRESS**

The Word

George to wed in Venice, but exact plans still Up in the Air

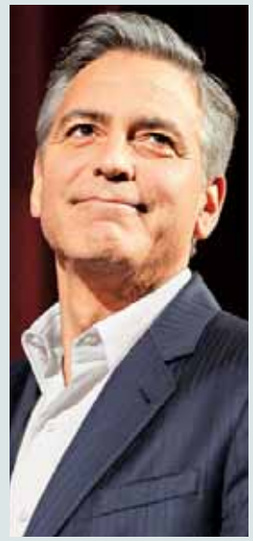
MELINDA TAUB
Metro World News

If you want to crash the wedding of George Clooney and his fiancée, Amal Alamuddin (which of course you do), you might have to hijack a gondola to do it. The two are reportedly planning to wed in Venice.

The lovebirds were recently spotted in Venice touring potential wedding venues big enough to hold all of Ocean's 11. "George and Amal want to be married in Italy, but they need a location that offers them and their guests privacy," a source told Page Six.

As Clooney fans know, the star is already an Italian resident — he lives on Lake Como. However, he and Amal apparently decided his estate wasn't secure enough to withstand the media circus that will follow the wedding of the world's second most eligible bachelor (Prince Harry's probably No. 1 at this point).

Italy is becoming quite the hot spot for celebrity weddings — Kim Kardashian and Kanye West tied the knot in Forte di Belvedere in Florence last month, and as we all know, as Kim Kardashian goes, so goes George Clooney. He's really got to stop copying her so much.



Rachel McAdams ALL PHOTOS GETTY IMAGES

Don't worry, Gyllenhaalics, Rachel McAdams didn't steal your boyfriend

Jake Gyllenhaal and Rachel McAdams turned heads in Pittsburgh recently while out to dinner at local eatery Meat and Potatoes, according to E! News. The date immediately prompted tabloid speculation that a new Hollywood romance is in the works, but apparently everyone's getting ahead of themselves. It turns out McAdams and Gyllenhaal, who are in Pittsburgh to film their new movie, Southpaw, are just good friends and colleagues. For now, at least. **METRO WORLD NEWS**

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Putting her mettle to the pedals

Worthy cause. Danielle Berman uses her bike to ride away stigma about mental illness

AUSTEN GILLILAND
life@metronews.ca

Danielle Berman is about to set off on the ride of a lifetime.

As the organizer of Ride Away Stigma, Berman's bicycle journey will take her from Vancouver to Hamilton — almost 4,300 kilometres — in seven weeks. In that time, she will raise both money and awareness for mental health and suicide prevention, and help break down the stigma that surrounds mental illness.

She's been preparing for a year, organizing sponsorships and donations, speaking to students about mental health — all while bicycling 85 to 140 kilometres a day, six days a week. "It's basically a full-time job," says Berman, 27, who recently completed her master's degree in social work and is pursuing a career in psychotherapy.

Ride Away Stigma was inspired by her own struggles with depression and by her dad, Dr. Les Berman, a Hamilton-area respirologist who died by suicide in 1999.

Berman was a well-respected doctor and an enthusiastic cyclist. He passed his love of the sport along to his daughter. "He loved travelling and adventures," says Berman, who will ride her father's refurbished Cannondale bike as she sets off from Vancouver on July 15. "I thought the ride would be the perfect way to honour him."

Although he was never formally diagnosed with depression, Berman thinks his death was caused in part by the way that depression is stigmatized by society — and that it's likely her father felt he couldn't seek treatment without negative social and professional consequences. "It's important that we break down the stigma," she says, "so when people are struggling, they feel comfortable seeking help. That's why I wanted to focus on the stigma. I believe that's a huge part of why my dad didn't seek help."

Berman has planned her trip with the goal of maximizing exposure for her cause. "Because I will be on the road for so long," she says, "I'll be able to build momentum and reach as many people as I can." She has invited cyclists across the country to join her as she rides through their city this summer.

By the time she arrives in Hamilton on Sept. 7, Berman hopes to have raised $60,000. Two-thirds of the proceeds will benefit the Suicide Prevention Community Council of Hamilton and St. Joseph's Healthcare Hamilton, organizations the Ancaster, Ont. woman chose because of the local connection.

"I also thought it was important to do something that can positively affect all of Canada," she says, so the final third of the funds will go to the Canadian Association for Suicide Prevention, chosen to reflect the cross-country nature of her trip — and because mental health is something that concerns all Canadians.

"At the end of the day, this ride isn't about me," she says, emphasizing that defeating the stigma that surrounds mental health issues will take more than just one woman on a bicycle. "We need to do this together to make a difference. It's all of us together."

Danielle Berman poses with her father's old bike. She will be starting and ending the ride on the bike. DAVE HEIDEBRECHT

Danielle as a child with her father, Dr. Les Berman, a well-respected doctor and enthusiastic cyclist, who committed suicide. CONTRIBUTED

Get involved

For more information about the ride, or to donate, visit rideawaystigma.com.

Quoted

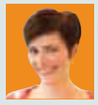
"We need to do this together to make a difference. It's all of us together."

Danielle Berman, organizer of Ride Away Stigma

Sardines are the perfect small fry

Gone fishin'

Smallest fish are the most delish — and the healthiest



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

The higher up the fishy food chain you go, the more impact you have on our oceans' fish stocks. One large tuna or swordfish had to eat thousands of smaller fishes over its lifetime, and even more were used as bait to catch it. To boot, the longer that large fish has lived, the more mercury, PCB, lead and other pollutants it has accumulated. You then get to carry those pollutants around in your body, to your detriment.

All this means is that the healthiest fish for us (and for the planet) are the smaller fish.

Some of these small fish include delicious species like herring and sardines. Both weigh in with as much, if not more, omega-3 as salmon and are cheap and plentiful.

The bonus of eating these fish is that it helps to create a more sustainable fishing industry and healthier oceans. Aren't you the chicest dinner party/brunch thrower?!

Cooking these couldn't be simpler or quicker. They really are a three-minute miracle.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

This recipe makes four servings. THERESA ALBERT

Barbecued Small Fish.

Quick and easy to prepare, tiny fish with capers and lemon bake up delicate and sweet

This recipe uses smelts, herring or sardines. You may need to go to a fish market to find them, but it's worth the effort as their sweet, delicate meat cooks in mere minutes.

Purchase cleaned fish. Eating them is easy: Slide your fork over one side to pull off the flesh and expose the skeleton, which can be lifted away whole.

Ingredients

- 1 to 1 1/2 lb small fish
- 1 lemon, sliced
- 2 tbsp capers
- 1/4 cup fresh dill (or 1 tbsp dried)
- 4-6 dashes hot sauce

Preparation time: 4 minutes

Directions

1. Place fish into a glass casserole dish or lasagna pan.
2. Slice lemons very thinly and lay on top of fish.
3. Sprinkle capers and dill over fish and splash with hot sauce.
4. Bake in 425F oven or on barbecue for 6-8 minutes.
5. Season at the table with sea salt and pepper.

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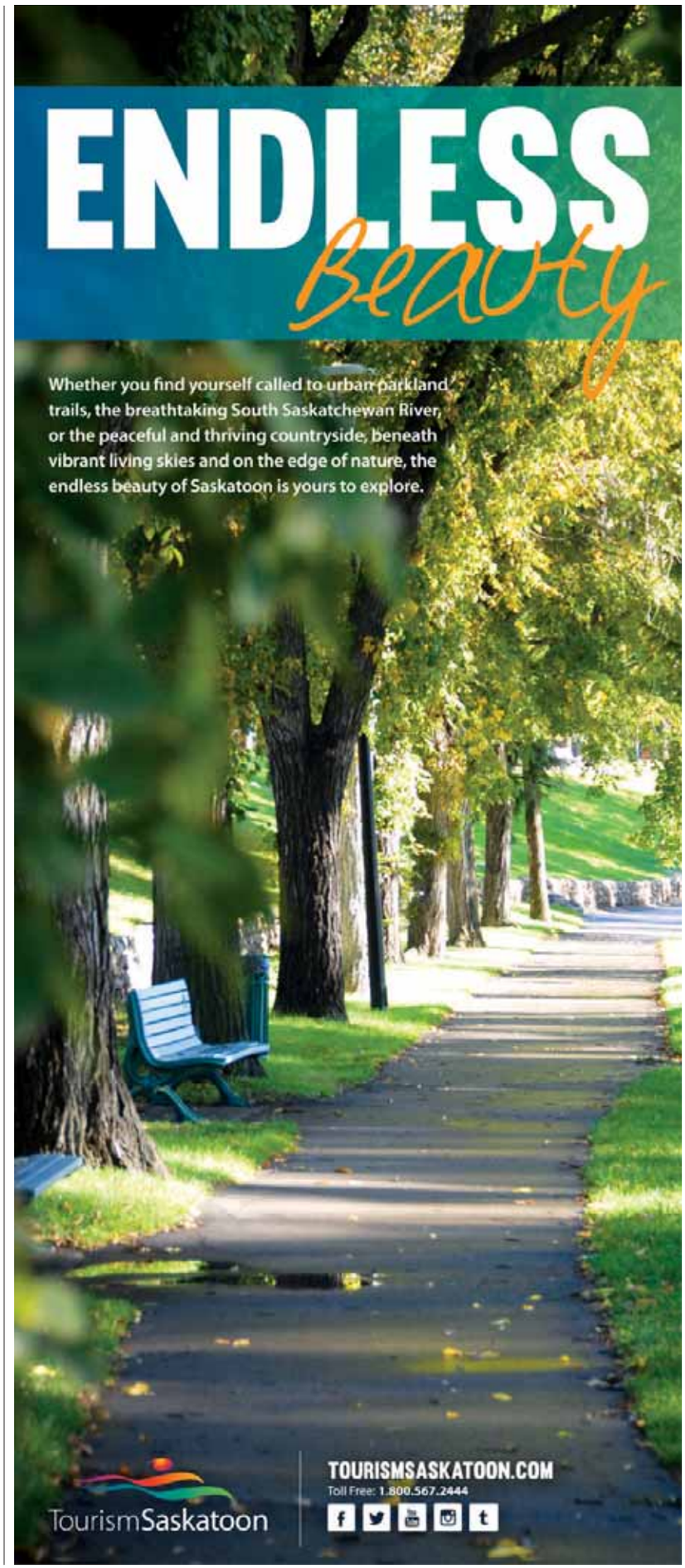

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4 SPORTS

Clippers sale

Sterling pulls out of deal, lawsuit back on: Attorney

Los Angeles Clippers owner Donald Sterling has pulled his support from a deal to sell the team to former Microsoft CEO Steve Ballmer and will pursue his $1-billion federal lawsuit against the NBA, his attorney said Monday.

"We have been instructed to prosecute the lawsuit," said attorney Maxwell Blecher. He said co-owner Donald Sterling would not be signing off on the deal to sell.

Sterling agreed to ink the deal and drop the suit last week assuming "all their differences had been resolved," his attorneys said. But he decided to not sign the papers after learning the NBA won't revoke its lifetime ban and fine.

THE ASSOCIATED PRESS

Tennis

Bouchard climbs world rankings

Canada's Eugenie Bouchard has moved up four spots in the WTA tennis rankings following her semifinal appearance at the French Open. The player from Westmount, Que., is ranked a career-high 12th, up from No. 16.

Russia's Maria Sharapova moved up three spots to No. 5 after winning the women's title in Paris on the weekend.

On the men's side, Milos Raonic of Thornhill, Ont., remained in the ninth spot.

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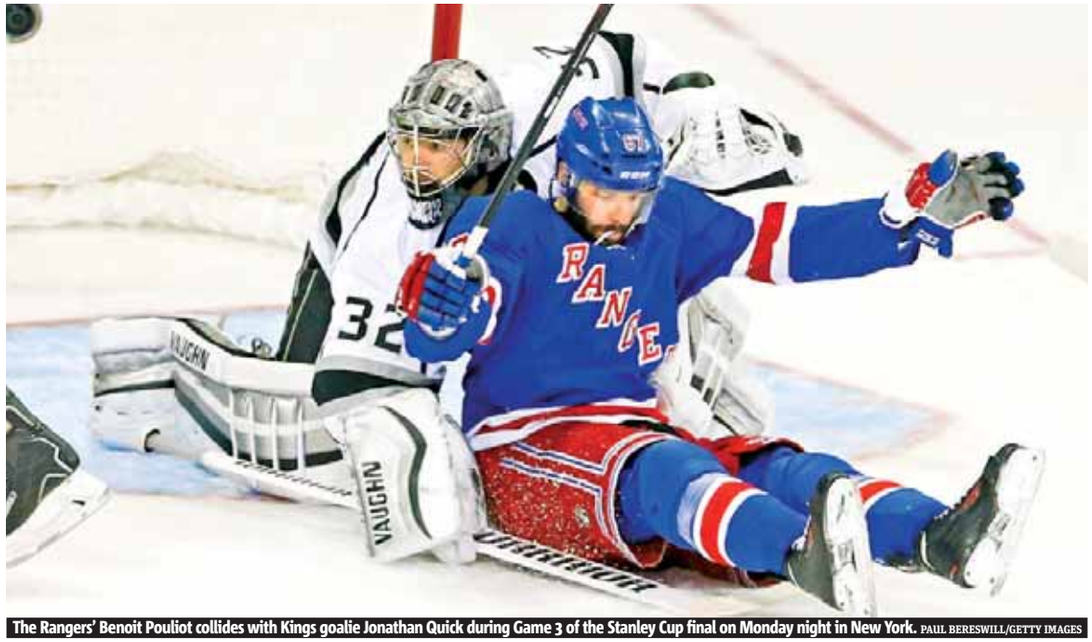

The Rangers' Benoit Pouliot collides with Kings goalie Jonathan Quick during Game 3 of the Stanley Cup final on Monday night in New York. PAUL BERESWILL/GETTY IMAGES

Kings making Quick work of Rangers

Stanley Cup final. L.A. takes stranglehold of series with 3-0 lead

Game 3

Kings	Rangers
3	0

This Stanley Cup final is beginning to look like a Quick series.

Thanks to 32 saves from goaltender Jonathan Quick, the Los Angeles Kings beat the New York Rangers 3-0 in Game 3 Monday night to take a commanding 3-0 series lead and move within one victory of hoisting the cup.

"He was our cornerstone," Kings winger Marian Gaborik said of Quick. "Our penalty kill was great and he was our best penalty-killer."

Quick was masterful in his poise and in his reflexes to record his second shutout of these playoffs and the ninth of his NHL career in the post-season. The native of nearby Milford, Conn., who grew up a Rangers fan, managed to do it in his first game at Madison Square Garden, which made it even more memorable.

"He's always our backbone," Kings defenceman Drew Doughty said.

To supplement Quick, the Kings got goals from Jeff Carter, Jake Muzzin and Mike Richards and were in control all night despite being outshot 32-15.

New York goaltender Henrik Lundqvist stopped 12 shots, but he couldn't do anything about his counterpart following the lead of his childhood idol, Mike Richter, who helped the Rangers win the Stanley Cup 20 years ago.

After the Rangers' Game 3 loss, they got one step closer to extending their current drought beyond 20 years. And the Kings moved to the verge of their second title in three seasons. THE ASSOCIATED PRESS

Dwyane Wade of the Miami Heat drives to the basket against Manu Ginobili of the San Antonio Spurs during Game 2 of the NBA Finals on Sunday. Scan the image with your Metro News app to see how some of the Finals' top performers have fared in Games 1 and 2. ANDY LYONS/GETTY IMAGES

Heat see themselves in Spurs

Dwyane Wade thinks there's no one better than the Miami Heat at dealing with the mental challenge of the playoffs. In his eyes, only one other team might compare. He's talking about the San Antonio Spurs.

That's why Wade believes these NBA Finals are just getting started.

When he looks at the Spurs, he sees qualities his own team has, including an ability to break down a loss and quickly correct things. It's what Miami did before Game 2 of the finals and it's what Wade expects the Spurs to do before the title series resumes with Game 3 in Miami on Tuesday night.

Record-breaking squad

11

Miami has won a franchise-record 11 straight post-season games at home.

"You never put them away," Wade said. "I think they always believe and it's the same with us. You can't, you won't, put us away because we're always going to believe. That's why this is a perfect, different animal, kind of series. They're the other team like us. They don't lose much and when they do they come back and are better in the next game."

That would explain why on Monday, instead of a day off, the Heat gathered to watch video of Game 2.

By winning in San Antonio to even the finals at 1-1, home-court advantage now belongs to the Heat. But no one in their locker-room thinks it's going to get easy now.

"They played a great game," Spurs guard Tony Parker said after Miami's 98-96 win in Game 2, the 13th straight time the Heat immediately followed a post-season loss with a victory. "Now it's our turn to go over there and get one. "

THE ASSOCIATED PRESS

metro

TODAY'S HOROSCOPE:

Neptune is suggesting that now may be the perfect time to get the Metro News App

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Argos victorious in CFL pre-season opener

The Blue Bombers' Graig Newman tackles Terrell Sinkfield of the Argonauts during their pre-season CFL game at Investors Group Field on Monday night. Both teams used the game to take a good look at their rookies. The Argos won 24-22. TREVOR HAGAN/THE CANADIAN PRESS

Blue Jays swoop in for walk-off win

MLB. Encarnacion, Reyes hit homers to drive Jays to win series opener versus the Minnesota Twins

Kevin Pillar drove in pinch-runner Erik Kratz with the winning run to give the Toronto Blue Jays a 5-4 walk-off victory over the Minnesota Twins on Monday night at Rogers Centre.

Pillar hit a flare to right field off Casey Fien that brought Kratz home from second base.

Edwin Encarnacion hit a three-run homer and Jose Reyes added a solo shot for the Blue Jays, who overcame a blown save by closer Casey Janssen to take the opener of the three-game series.

Encarnacion's blast — his 20th of the season — gave Toronto (39-26) an early lead after Minnesota (29-33) started the game with back-to-back homers off Toronto starter R.A. Dickey.

The Blue Jays remained 5 1/2 games ahead of second-place Baltimore in the American League East.

Kevin Pillar is mobbed by Blue Jays teammates after driving in the game-winning run against the Twins on Monday. FRANK GUNN/THE CANADIAN PRESS

On Monday

Blue Jays	Twins
5	4

The teams will wrap up the series Wednesday with an early afternoon game.

Toronto southpaw J.A. Happ is scheduled to start Tuesday night against right-hander Kevin Correia.

Toronto's Jose Bautista has reached base safely in 62 of 65 games this season.

The Blue Jays lead the major leagues with 91 home runs this season.

THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
Your confidence is high but today's lunar eclipse of Saturn warns it may be only skin deep. Some kind of setback could easily send you into a tailspin, so strive to keep a sense of perspective.

♉ Taurus
April 21 - May 21
The planets warn you will have to fight hard to get your way today. Alternatively, of course, you could decide the effort isn't worth it and not fight at all. Let fate take its course.

♊ Gemini
May 22 - June 21
The more work you were hoping to do today the more the cosmos will conspire to hold you back. Now that you know that, you can stop flogging yourself half to death and take a breather.

♋ Cancer
June 22 - July 23
Keep your distance from people who seem so negative about life. It's all good at the moment, for you at least, so be optimistic and believe, with all your heart, that great things are coming your way.

♌ Leo
July 24 - Aug. 23
It would be nice if everyone was as enthusiastic about life as you are but it isn't going to happen. All you can do is smile and be a wonderful example.

♍ Virgo
Aug. 24 - Sept. 23
You may feel you are to blame for other people's problems but there is no logical reason why that should be so. The more they try to hold you responsible, the more likely it is to be their fault!

♎ Libra
Sept. 24 - Oct. 23
A positive attitude is essential because if you let even one negative thought creep into your mind it's likely to get stuck there. Life is getting better — believe it, it's true.

♏ Scorpio
Oct. 24 - Nov. 22
There is no point worrying about things over which you have no control. Let go of your fears and doubts and start thinking of life as a great and exciting adventure.

♐ Sagittarius
Nov. 23 - Dec. 21
Something will occur over the next 48 hours that reminds you just how much there still is to learn. You may yearn for perfection but it's never going to happen, so learn to be happy with who you are.

♑ Capricorn
Dec. 22 - Jan. 20
You may find it hard to feel sorry for someone who has clearly brought difficulties on themselves but if they approach you for help today you won't turn them away.

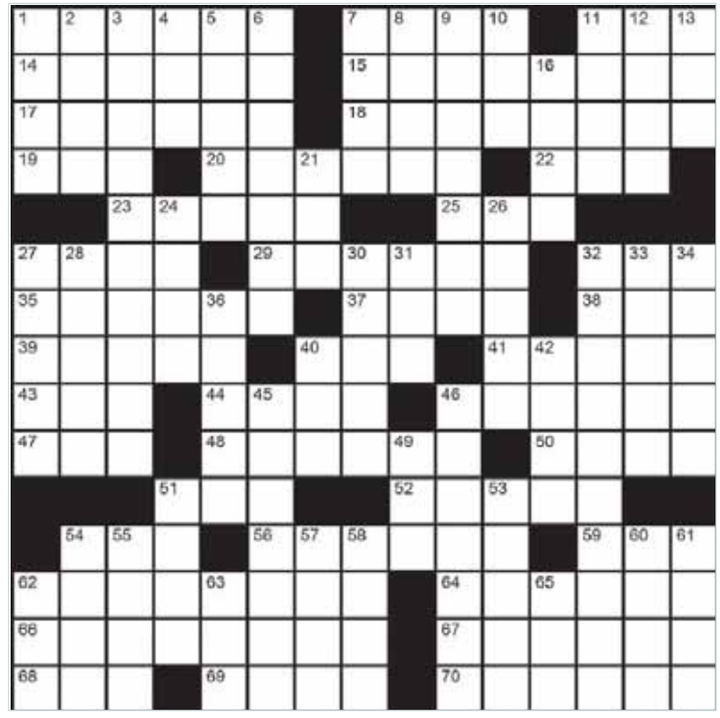
♒ Aquarius
Jan. 21 - Feb. 19
You may be tempted to get involved in an issue that is not your concern but if you are smart you will give it a miss. It will work itself out without your input.

♓ Pisces
Feb. 20 - March 20
You may want to come and go as you please but Saturn, planet of limitation, won't let you. There is something you need to do before you make your getaway. What might it be? Give it some thought — then act. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



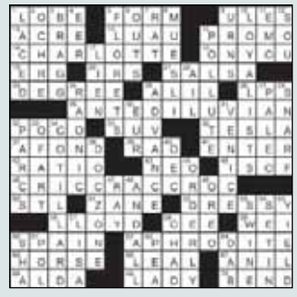
Across

1. 'Tenth Muse', to Plato
7. Prefix to 'cross' (Off-road sport for bikers)
11. School org.
14. Wobbly
15. For example... Evangeline: A Tale of Acadie: 2 wds.
17. Tiger, for one: 2 wds.
18. Hogwarts School of Witchcraft and __
19. Film studio, DreamWorks ___
20. ABBA's "__-Vous"
22. Belief system
23. Rolling Stones live album: 'Get Yer __-__ Out!'
25. Gird
27. Cummerbund
29. Watchman
32. CFL game div.
35. Most kind
37. Ms. Turturro of "The Sopranos"
38. OPEC member country
39. Bakery attraction
40. Caesar's 610
41. Rocker Mr. Redding's
43. Preacher, e.g.
44. Provo's place
46. Element
47. Earlier, olde-style
48. Useful accounting info: 2 wds.
50. Massachusetts' motto starter
51. Blokes
52. Reels
54. Car company
56. "Beauty and the Beast" (1991) character
59. Up to __
62. 'Ghosts' is this band's brand new album: 2 wds.
64. Conceptualize
66. Ian __, Toronto-born lead singer of #62-Across who is married to #9-Down
67. 1997 Green Day album
68. London's li'l locale
69. Achy
70. Assigned a job

Down

1. Stand-ins
2. Name for Canada's series of satellites
3. East Coast: Picturesque postcard place: 2 wds.
4. Piping stuff, commonly
5. Leaden
6. Where to put jam in the morning: 2 wds.
7. Weak whine
8. Mayberry kid of '60s TV
9. Christine __ (Host of CBC's "Best Recipes Ever")
10. Wood sorrel
11. Pea 'packages'
12. Condition
13. Ms. Adams
16. Refined
21. Employ
24. "Cough..."
26. Mr. Gosling's
27. Drum kit part
28. Broadcaster
30. Night: German
31. Concert items, commonly
32. Government of Ontario hub in Toronto: 2 wds.
33. Powders
34. Remainder: French
36. Lightly fry
40. Jadzia __, "Star Trek: Deep Space Nine" role
42. Welcoming
45. Hybrid citrus fruit
46. Put a person in a position
49. 'Violin' suffix
51. Bryn __ (Pennsylvania college)
53. Mumbai's country
54. The Greg __ Band
55. Elvis' "__ __ Stung"
57. Tennis serving whiz
58. Dog breed, __ Terrier
60. Stick __ __ in the water
61. Mr. Foxx
62. "Let It Ride" gr.
63. Hosp. professionals
65. Dorothy's Auntie's namesakes

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

4	2					7		3
7			6			4		
		8	9					
				3				5
9		1	4		7	8		2
6				5				
					2	5		
		2			1			8
8		4					2	7

Yesterday's Sudoku

9	1	2	7	6	5	3	8	4
6	3	5	8	1	4	2	7	9
7	4	8	2	3	9	1	5	6
1	8	4	3	7	2	6	9	5
5	2	7	4	9	6	8	1	3
3	6	9	5	8	1	7	4	2
8	9	3	6	4	7	5	2	1
2	7	1	9	5	3	4	6	8
4	5	6	1	2	8	9	3	7

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 17° MIN: 6°	MAX: 18° MIN: 7°	MAX: 21° MIN: 6°

ANDREW SCHULTZ
METEOROLOGIST
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Beacon Hill Shopping Centre

Market Mall

North Hill Centre

Southeast

Chinook Centre

Deerfoot Meadows

Shepard Centre

Southcentre Mall

1288 42nd Ave. SE

4410 50th Ave. SE

4825 Macleod Trail S

6039 Centre St. S

6100 Macleod Trail S

7845 Flint Rd. SE

Southwest

Bankers Hall

Bow Valley Square

The Core

Shawnessy Shopping Centre

Westbrook Mall

Westhills Town Centre

321 6th Ave. SW

2008 33rd Ave. SW

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